

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 15253, Salmon, sockeye, canned, total can contents

Report Date: October 28, 2015 23:36 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	3.0 oz 85g	1 can total can contents 417g
Proximates						
Water ¹	g	71.07	12	0.294	60.41	296.36
Energy	kcal	153	--	--	130	638
Energy	kJ	639	--	--	543	2665
Protein ¹	g	20.63	12	0.107	17.54	86.03
Total lipid (fat) ¹	g	7.17	12	0.305	6.09	29.90
Ash ¹	g	2.45	12	0.049	2.08	10.22
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca ¹	mg	198	12	6.705	168	826
Iron, Fe ¹	mg	0.57	12	0.020	0.48	2.38
Magnesium, Mg ¹	mg	30	12	0.747	26	125
Phosphorus, P ¹	mg	321	12	4.989	273	1339
Potassium, K ¹	mg	329	12	5.102	280	1372
Sodium, Na ¹	mg	433	12	18.836	368	1806
Zinc, Zn ¹	mg	0.67	12	0.017	0.57	2.79
Copper, Cu ¹	mg	0.061	12	0.001	0.052	0.254
Manganese, Mn ¹	mg	0.024	12	0.004	0.020	0.100
Selenium, Se	µg	30.1	--	--	25.6	125.5
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 can total can contents 417g
Thiamin	mg	0.020	--	--	0.017	0.083
Riboflavin	mg	0.200	--	--	0.170	0.834
Niacin	mg	6.000	--	--	5.100	25.020
Vitamin B-6	mg	0.330	--	--	0.280	1.376
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	3	13
Folate, DFE	µg	3	--	--	3	13
Choline, total	mg	74.8	--	--	63.6	311.9
Vitamin B-12	µg	0.40	--	--	0.34	1.67
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	39	--	--	33	163
Retinol ¹	µg	39	12	2.979	33	163
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	129	--	--	110	538
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	1.88	--	--	1.60	7.84
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	19.0	--	--	16.2	79.2
Vitamin D3 (cholecalciferol)	µg	19.0	--	--	16.2	79.2
Vitamin D	IU	761	--	--	647	3173
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.4
Lipids						
Fatty acids, total saturated	g	1.460	--	--	1.241	6.088
4:0 ¹	g	0.005	12	0.000	0.004	0.021
6:0 ¹	g	0.000	12	0.000	0.000	0.000
8:0 ¹	g	0.001	12	0.000	0.001	0.004
10:0 ¹	g	0.020	12	0.004	0.017	0.083
12:0 ¹	g	0.004	12	0.000	0.003	0.017
14:0 ¹	g	0.238	12	0.012	0.202	0.992
15:0 ¹	g	0.028	12	0.001	0.024	0.117

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 can total can contents 417g
16:0 ¹	g	0.978	12	0.050	0.831	4.078
17:0 ¹	g	0.016	12	0.001	0.014	0.067
18:0 ¹	g	0.157	12	0.007	0.133	0.655
20:0 ¹	g	0.010	12	0.000	0.008	0.042
22:0 ¹	g	0.003	12	0.000	0.003	0.013
24:0 ¹	g	0.001	12	0.000	0.001	0.004
Fatty acids, total monounsaturated	g	2.471	--	--	2.100	10.304
14:1 ¹	g	0.004	12	0.000	0.003	0.017
15:1 ¹	g	0.000	12	0.000	0.000	0.000
16:1 undifferentiated ¹	g	0.323	12	0.020	0.275	1.347
16:1 c ¹	g	0.312	12	0.020	0.265	1.301
16:1 t ¹	g	0.011	12	0.000	0.009	0.046
17:1 ¹	g	0.017	12	0.001	0.014	0.071
18:1 undifferentiated ¹	g	1.333	12	0.072	1.133	5.559
18:1 c ¹	g	1.320	12	0.071	1.122	5.504
18:1 t ¹	g	0.014	12	0.001	0.012	0.058
20:1 ¹	g	0.712	12	0.036	0.605	2.969
22:1 undifferentiated ¹	g	0.072	12	0.004	0.061	0.300
22:1 c ¹	g	0.069	12	0.003	0.059	0.288
22:1 t ¹	g	0.003	12	0.000	0.003	0.013
24:1 c ¹	g	0.010	12	0.002	0.008	0.042
Fatty acids, total polyunsaturated	g	1.744	--	--	1.482	7.272
18:2 undifferentiated ¹	g	0.135	12	0.007	0.115	0.563
18:2 n-6 c,c ¹	g	0.118	12	0.006	0.100	0.492
18:2 CLAs ¹	g	0.003	12	0.001	0.003	0.013
18:2 t not further defined ¹	g	0.014	12	0.001	0.012	0.058
18:3 undifferentiated ¹	g	0.061	12	0.003	0.052	0.254
18:3 n-3 c,c,c (ALA) ¹	g	0.056	12	0.003	0.048	0.234
18:3 n-6 c,c,c ¹	g	0.005	12	0.001	0.004	0.021
18:4 ¹	g	0.116	12	0.007	0.099	0.484
20:2 n-6 c,c ¹	g	0.020	12	0.001	0.017	0.083
20:3 undifferentiated ¹	g	0.017	12	0.001	0.014	0.071

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 can total can contents 417g
20:3 n-6 ¹	g	0.008	12	0.000	0.007	0.033
20:4 undifferentiated ¹	g	0.026	12	0.001	0.022	0.108
20:5 n-3 (EPA) ¹	g	0.532	12	0.027	0.452	2.218
22:4 ¹	g	0.004	12	0.000	0.003	0.017
22:5 n-3 (DPA) ¹	g	0.134	12	0.005	0.114	0.559
22:6 n-3 (DHA) ¹	g	0.695	12	0.021	0.591	2.898
Fatty acids, total trans	g	0.041	--	--	0.035	0.171
Fatty acids, total trans-monoenoic	g	0.027	--	--	0.023	0.113
Cholesterol ¹	mg	67	12	0.834	57	279
Amino Acids						
Tryptophan ²	g	0.248	--	--	0.211	1.034
Threonine ²	g	1.110	--	--	0.944	4.629
Isoleucine ²	g	0.988	--	--	0.840	4.120
Leucine ²	g	1.603	--	--	1.363	6.685
Lysine ²	g	1.801	--	--	1.531	7.510
Methionine ²	g	0.609	--	--	0.518	2.540
Cystine ²	g	0.157	--	--	0.133	0.655
Phenylalanine ²	g	0.877	--	--	0.745	3.657
Tyrosine ²	g	0.758	--	--	0.644	3.161
Valine ²	g	1.142	--	--	0.971	4.762
Arginine ²	g	1.297	--	--	1.102	5.408
Histidine ²	g	0.559	--	--	0.475	2.331
Alanine ²	g	1.329	--	--	1.130	5.542
Aspartic acid ²	g	2.401	--	--	2.041	10.012
Glutamic acid ²	g	2.903	--	--	2.468	12.106
Glycine ²	g	1.262	--	--	1.073	5.263
Proline ²	g	0.845	--	--	0.718	3.524
Serine ²	g	0.926	--	--	0.787	3.861
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 14e, 2010 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7h, 2003 Beltsville MD